



Town of Arlington
Department of Health and Human Services
Office of the Board of Health
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MEMO

To: Fitness Center and Health Club Owner/Operator
From: Natasha Waden, Public Health Director
Date: July 2, 2020
RE: Step 3 Reopening Guidelines for Gyms and Fitness Studios

Governor Baker announced that starting Monday, July 6th, fitness centers and health clubs can open under specific guidelines.

Information regarding the mandatory requirements for re-opening fitness centers and health clubs providing services such as weight training, cross training, spin classes, and yoga classes, can be found on the Reopening Massachusetts website using the following links:

<https://www.mass.gov/doc/sector-specific-workplace-safety-standards-phase-iii-for-fitness-centers-and-health-clubs-to/download>

<https://www.mass.gov/doc/phase-iii-step-1-fitness-centers-and-health-clubs-protocol-summary/download>

<https://www.mass.gov/doc/phase-iii-step-1-fitness-centers-and-health-clubs-checklist/download>

Key points of the mandatory safety standards include:

- Occupancy must be limited to a maximum of 40% of occupancy limit or no more than 8 people per 1,000 square feet (including visitors, staff, and other workers).
- Equipment must be arranged so that exercise areas are spaced out at least 14 feet apart. Some machines can be 6 feet apart if barriers are installed. If spacing equipment is not possible, equipment must be blocked off to maintain 14 feet distancing.
- Require face coverings for all workers and visitors, except where unsafe due to medical condition or disability. If customers cannot wear a face covering during strenuous fitness activities, physical distancing must be at least 14 feet. If customers are wearing face coverings during fitness activities, physical distancing must be at least 6 feet.
- Distribute hand sanitizer and disposable wipes throughout the space for workers and customers to disinfect their hands and equipment before and after use.
- All equipment must be sanitized between uses. No equipment should be used by another customer or returned to the storage rack / container without being sanitized.
- If sanitation (or the monitoring thereof by employees) of any piece of equipment is not possible or practical, this equipment should be closed off.
- Require customers to sign up for classes in advance.
- Close or mark lockers to enforce 6 feet social distancing, especially in locker rooms. Lockers should be sanitized after each use. Gyms should provide sanitizing wipes near the lockers or in the locker room.
- Close all communal and individually partitioned showers. Showers that accompany pools may follow guidance for pools.
- Fans should not be used indoors and should only be used for outdoor classes if directed away from other customers.

For questions regarding this matter, please contact the Health Department at 781-316-3170.